



INVISIBLE WOUNDS. KNOW THE FACTS.

An invisible wound is post-traumatic stress disorder (PTSD); traumatic brain injury (TBI); or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual.

COMMON CAUSES

An invisible wound can occur from a single traumatic event or a series of events, including combat and non-combat experiences. Your Airman can be affected.

- Sexual assault
- Exposure to death
- Serious accident
- Combat exposure
- Blast exposure
- Blow to the head
- Physical or emotional abuse



IMPACT

Invisible wounds are as real and severe as physical wounds. Untreated invisible wounds can have negative impacts on your Airman's life.



PERSONAL LIFE

- Relationship or marital problems
- Difficulty building trust
- Withdrawal or detachment from family and friends
- Decreased overall quality of life



PROFESSIONAL LIFE

- Compromising the safety of Airmen
- Incomplete tasks
- Failure to complete missions on time
- Poor work relationships

SIGNS AND SYMPTOMS

Signs and symptoms may not appear immediately, sometimes emerging years after an incident.



Flashbacks

Feeling drawn back into the traumatic experience



Irritable, frustrated, angry

Feelings of frustration or anger over ordinary matters



Trouble with memory and attention

Trouble focusing; difficulty remembering; mental fog



Sensitivity to light and sound

Discomfort or pain caused by sources of light and sound



Headaches, migraines

A painful sensation in any part of the head, ranging from dull to sharp



Fatigue

A lack of physical and/or mental energy and motivation



Poor self-care

A negative change in level of personal care; engaging in risky or self-destructive behavior



Feeling anxious

Excessive worry, nervousness, or restlessness



Trouble sleeping, insomnia

Difficulty falling and staying asleep



Feeling depressed

Severe sadness, hopelessness, or a loss of interest in activities



Chronic pain

Persistent pain that interferes with daily activities



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PHYSICALLY FIT.
MISSION READY.**